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Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 75% Scattered Thunderstorms Sensex 64,363 | Nifty 19,230 | Gold 61,025 | Silver 72,287 | Dollar 83.16 | Euro 89.28 | GBP 102.91

NEXT MOVE
Street vendors face eviction

PAGE 5

POWER PLAY
Lights out in jeans factories

PAGE 6

Missing gratings, pothole-ridden stretch expose what motorists call substandard Smart City work along Race Course Road

THE GRATE ESCAPE

Police barricade used to cover broken utility duct

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) and Bangalore Smart City Limited (BSCL) spent crores of rupees to develop and upgrade Race Course Road, and Basaveshwara Circle also known as the Chalukya Circle. But the condition of Race Course Road now - if the number of potholes and missing/broken gratings are any indication - is far from satisfactory.

Gratings on the roads are meant for preventing water accumulation during the monsoon to facilitate movement of vehicles without hassle. However, broken and missing gully gratings and concrete around them have become a hurdle for motorists on Race Course Road.

Motorists are not happy with the quality of work done by the BSCL. They are fuming at the BSCL contractors for using substandard gully gratings and concrete used around the gratings. They said most of the gully gratings have become unauthorised road humps causing trouble for traffic. A police barricade is used to cover a broken utility duct grating near the bus stop adjacent to

CONTINUED ON PAGE 2 »

KAUSHIK JN

“Most of the gully gratings need to be replaced or repaired to facilitate smooth movement of vehicles on this road
– Suneel S, motorist

Who shall clean up after festivities?

Palike floats tender for removal of festival waste during Deepawali season in ward no. 119

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Owing to the massive waste generated at Chickpet during the festival season, BBMP has floated a tender for clearing the waste.

It is a common scene across Bengaluru — roads strewn with waste during the Deepawali festival season. BBMP says the issue is severe in the Chickpet area. Hence the civic body has decided to outsource the work to a service provider this year.

Palike has floated a tender worth Rs 6 lakh for the removal of festival waste during the Deepawali season in ward 119.

“During festival season, the shops in Chickpet generate huge quantities of waste. Most of the waste ends up on the road. An estimated quantity of dry waste that can fill three tipper lorries and five auto tippers can be found on the roads,” said a senior BBMP official.

The waste cleared from the roads will be transported by the service provider to the Bellahalli landfill. As part of the tender, the winning bidder will be providing 175 temporary pourakarmikas, 100 kg coconut broomsticks, 179 pairs of hand gloves, 80 auto tippers, 16 tipper lorries, 5 hydraulic excavators and 220 kg of bleaching powder for cleaning and disinfection.

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Baking bliss

Discover the joy of baking at our 'Art of Baking' workshop! Learn from a pastry chef, master dough techniques, and create delicious treats in just 2 hours. **Where: SmallWorld, Koramangala**
When: November 9, 7.30 pm

02 Movie night

Indulge in a magical night of laughter and love at Sunset Cinema Club's outdoor screening of 'Crazy Stupid Love' at Ecoworld. Don't miss this unforgettable evening under the stars.
Where: EcoWorld; When: November 10, 7.00 pm

03 Scripted wonder

Experience "Daklakatha Devikavya," an experimental play that delves into the profound tales of Kannada writer K B Siddaiah, revealing the untold narrative of untouchable communities through sound, song, and storytelling.
Where: Ranga Shankara
When: November 11 onwards

Saving lives, spreading hope: KSC's cancer fight

KSC focuses on early identification, creating awareness to reduce cancer cases, especially for women

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The Karnataka Cancer Society has been conducting free cancer screenings for women. Over past three years, the KSC has screened over a thousand women for cancer

The increasing prevalence of breast and cervical cancer among women in India has emerged as a pressing public health concern. Contributing factors include evolving lifestyles, delayed diagnoses, limited healthcare accessibility, insufficient awareness, and inadequate screening programs. In response to these challenges, the Karnataka Cancer Society (KSC) has been conducting free cancer screenings for women for about 50 years. Over the past three years, the KSC has screened over a thousand women for cancer and imparted crucial knowledge about cancer and the importance of screenings to approximately 6,000-7,000 female college students.

KSC's screening initiatives encompass the detection of cervical, breast, and oral cancers. Every month, on the second Saturday, they host screenings at their office in Vyalikaval, Malleswaram. KSC's records indicate that between 2021 and 2023, they performed over 1,500 pap smear tests to detect cervical cancer and more than 2,500 thermal mammogram screenings for breast cancer. Additionally, they have conducted nearly 194 prostate screenings during the same period.

HV Suresh, President of KSC, emphasised the importance of early detection, "Cervical cancer ranks as the second most common cancer in women. When identified at an early stage, it can be effectively treated. However, due to a lack of awareness and financial concerns, many women hesitate to get screened. Private hospitals charge around Rs 1,500 for a pap smear test and Rs 1,500-1,800 for a thermal mammogram. To mitigate these issues and reduce cancer cases, we offer these screenings for free. Pap smear tests detect precancerous or cancerous cells in the cervix, and it is recommended for women to undergo this test every three years after the age of 35."

Between April 2022 and March 2023, KSC held 41 camps, performing 611 pap smear tests, with 30 suspected cases, 952 thermal mammograms, with 9 suspected cases, and 53 prostate screenings.

From April to October of the current year, KSC has conducted 27 camps. Among these, 351 pap smear tests yielded four suspected cases, 535 thermal mammograms resulted in six suspected cases, and 64 prostate screenings uncovered one suspected case.

> **"Cervical cancer ranks second most common among women. When identified at an early stage, it can be effectively treated**
> – HV Suresh, President of KSC

Suresh said, "Many suspected cases show no symptoms and are unaware of their cancer risk. Once suspected cases are identified, we refer them to a team of doctors for further tests and connect them with our partner hospitals for affordable treatment. KSC collaborates with private and government hospitals, employing over 200-300 doctors dedicated to our cause. Most cases arrive late when the disease becomes incurable. Early detection is critical, and we're working to raise awareness among women in both urban and rural areas. The Karnataka government has been a valuable partner, providing medical staff for screenings in other districts."

In addition to screening, KSC has initiated the distribution of free medicines for cancer patients who cannot afford the cost. Suresh explained, "Some patients face monthly medicine expenses of up to Rs 2,000. When they approach us, we provide these medicines for free. Last year, 100 patients, and this year, 70 patients have benefitted from this program."

Motorists flag 'shoddy' Smart City work

CONTINUED FROM PAGE 1

Bharatiya Vidya Bhavan. "Race Course Road was asphalted a few years ago. The condition of the road is far from satisfactory. Most of the gully gratings need to be replaced or repaired to facilitate smooth movement of vehicles on this road," said Suneel S, a motorist.

Recently, the BBMP chief commissioner directed the BBMP engineers, especially ward engineers, to take measures to fill up potholes and craters on the city roads. If the potholes and craters at Basaveshwara Circle are any indication, the engineers concerned are not aware of the commissioner's directive.

With more than 10 potholes and craters, movement of vehicles becomes slow at the circle as the motorists, especially two-wheeler riders, have to negotiate the potholes and craters while passing through the circle.

KAUSHIK JN

"There are many potholes at the circle along the compound of a defunct hotel. Motorists taking a left turn to proceed towards Sophia School have to slow down their vehicles thanks to the potholes and craters. Palace Road was developed by Bengaluru Smart City Limited. I am not happy with the quality of the work," said Subramani S, a motorist.

Demanding the BBMP to fill and fix the potholes and craters and replace broken utility duct gratings to avoid inconvenience to pedestrians as well as motorists, Purushotham N, a pedestrian, emphasised the need of periodic inspection of roads developed recently.

"What is the use of spending crores of taxpayers' money if the BBMP is not interested in ensuring quality in road developmental works? I demand the BBMP take necessary measures to ensure quality in developmental works," said Purushotham.

However, BBMP east division chief engineer Suguna was not available to comment on the condition of the road and measures to be taken to fill up potholes and craters.

Suspected murder: Senior geologist found dead at home

A 43-year-old senior geologist working with the Department of Mines and Geology was found allegedly murdered at her residence in South Bengaluru on Sunday. The victim, Prathima KS, was found lying dead on the floor with her throat slit, at her home in Doddakallasandra, officials said. The incident came to light at around 8.30 am when the neighbours notified the police.

The motive behind the crime is yet to be established.

Prathima used to live in a double-storeyed independent house located next to Gokul Apartment and worked in VV Towers, according to the police. An officer who was on the scene, said, "No valuables have been missing from her house but more confirmation is needed on that,"

"She lived alone for the past five years. 3 police teams have been constituted for the investigation. The body has been sent to KIMS for postmortem

adding that Prathima's husband was in Thirthahalli in Shivamogga at the time of the incident.

Initial investigation has revealed that Prathima was in the office till 6 pm on Saturday and returned home by 8 pm. "The victim's driver confirmed the time he had dropped her. The murder took place after 8 pm," he said.

The police have registered a murder case and begun an investigation.

It is said the brother of the deceased had called her and when he got no response he went to her house and found her dead.

Giving details, South Division DCP Rahul Kumar Shahpurwad said that the deceased was first suffocated and then strangled to death.

"Pratima came home at 8 pm on Saturday. She may have been first suffocated and then strangled to death. She lived alone for the past five years. Three teams of police have been constituted for the investigation," DCP Rahul said. "Pratima's body has been sent to Kempegowda Institute of Medical Sciences (KIMS) hospital for postmortem," he added.

Further investigation into the matter is underway.

(BMB with inputs from agencies)

Missing dog: ABC centre once again in spotlight

Animal welfare workers say BBMP not probing agency in question; centre head claims there's too much on their plate

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The Bruhat Bengaluru Mahanagara Palike's (BBMP) Animal Birth Control Centre in Yelahanka has come under flak yet again from animal welfare workers and community dogs' caretakers. In a recent complaint filed with the Animal Husbandry Department, the centre is accused of carrying out illegal relocation of stray dogs and treating them inhumanely. The ABC centre in question claims that it is working under much pressure due to a resource crunch.

As per the complaints, the centre picked up a community dog from Gunjur Palya a couple of weeks ago. However, the caretaker, in their complaint, has alleged that the dog has not been returned yet.

"I reached out to the trustee and their explanations kept changing. First, they claimed that the dog had run away from the kennel. Then they said the dog was dropped off at another location. The third explanation was that the dog was retained in the centre due to a complaint. When I went there to cross-verify, it turned out to be another dog. Now they say the dog escaped from the van when they stopped for lunch. We are told that there is no centre in Mahadevapura and so dogs get lost during the long trip, but this dog was lost barely 2km from the centre," said the complainant in a written report to BBMP.

According to animal welfare workers, this is not the lone case of a dog gone missing from the Mahadevapura zone. They have raised the issue of a lack of guidelines by the civic agency to blacklist service providers that have a bad track record.

"Currently, the ABC centres are decided under norms laid down by the Animal Welfare Board of India. There is no selection procedure by the BBMP. There have been many complaints against the ABC centre responsible for carrying out the program in Mahadevapura, RR Nagar, and Yelahanka zones. BBMP must look into the issue of ABC agencies genuinely misplacing dogs or relocating them inadvertently or consciously. If there is a long list of complaints against one agency, the matter should be probed and BBMP should come up with a set of rules to blacklist such agencies," aid Harini Raghavan, Citizens for Animal Birth Control.

'Lack of infrastructure'

The ABC centre, on its part, said that it is operating under pressure due to the lack of resources and infrastructure. It also alleges harassment at the hands of caretakers.

"We have been reduced to just one centre catering to Mahadevpura and Yelahanka. The Varthur centre, which used to cater to cases from Whitefield and Marathalli was closed down more than six months ago. We bring in dogs to the Yelahanka centre from far-off areas and our staff are criss-crossing hundreds of kilometres every day. Our staff is stressed and harassed. We are operating more than 25 dogs from the Mahadevapura area every day and have converted the parking area of Yelahanka Centre into a shelter to meet the demand. We are overburdened," said Radha Amarnath from ASRA.

According to the BBMP Animal Husbandry department, ASRA is working with limited resources, and such mistakes are bound to happen. However, a centre in Varthur is not on the cards.

"We are looking for options in Mahadevpura to come up with an ABC center as soon as possible. However, the Revenue Department has not been able to provide a piece of land. There are no options available for rent as well. We are conducting meetings with Revenue Department officials, but nothing has materialised yet. We cannot stop the ABC program in the area as it will lead to a population explosion. As far as ASRA is concerned, the centre is running under severe shortage of resources and thus cannot be blamed," said Dr Ravi Kumar, Joint Director of the Animal Husbandry Department, BBMP.

Branded fake

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Police raided an apartment in VV Puram on Sunday and discovered counterfeit apparel items from well-known brands that were meant for retail sales worth crores of rupees.

One person, Mohith, has been identified as the accused who had stored the fake branded clothes.

According to the sources, a company had approached the VV Puram police regarding the issue, which led to police raiding the place. The raid went on for hours.

Citizens told BM that fake clothing products can be found everywhere.

"One can find counterfeit products all over the city. One walk in Church Street and you can see the streets are filled with massive piles of fake clothes. It is not just limited to clothes, people have started making fake products of popular jewellery brands as well," said a college student.

She added that people prefer to buy from it anyway as the clothes are trendy and cheap.

"Not everyone can afford to go to big showrooms and get say a top worth Rs 7,000 but fake copies are available for Rs 5,000, so people think what's the harm in buying," she added.

However, according to the Karnataka state police data, Bengaluru police have registered just 14 cases in 2023 for counterfeiting.

The highest number of cases this year were reported in June, when they registered five cases in Bengaluru city but apart from that, in February and September, the police recorded 0 cases.

Even in Karnataka, under counterfeiting Sec. 231 to 263 (A), 489(A) to 489 (E) of IPC, just 19 cases have been recorded in 2023 so far.

All these 19 cases are registered under counterfeiting of currency notes and bank notes Sec. 489 (A) to 489 (E), which shows that this raid in VV Puram, as per the police data, might be the first raid for counterfeit clothes in 2023.

Pitfall of problems

Citizens, commuters along Nandi Durga Road are infuriated by substandard renovation work by BBMP, resulting in sinking road sections, blocked walkways

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Residents and commuters along Nandi Durga Road express their frustration with the poor renovation work undertaken by the Bruhat Bengaluru Mahanagara Palike (BBMP). Despite the recent facelift less than a year ago, issues have surfaced. Motorists have reported a section of the road sinking, causing significant inconvenience to the commuters.

"The road was tarred less than a year ago, and sections are already sinking. This highlights the subpar workmanship of BBMP. Where else in the world does this occur? Who would tolerate it? It seems it will remain like this for days before BBMP addresses it," said a regular commuter. While the damaged part of the road is temporarily barricaded, locals say it poses a dangerous situation for motorists as it is a busy stretch.

"The road was tarred less than a year ago, and sections are already sinking. This highlights the subpar workmanship of BBMP – a regular commuter

"Although the caved-in portion is on the side of the road, it is a risky scenario for motorists, especially two-wheelers. The road leads to the airport and has high vehicular traffic. If not fixed immediately, it can lead to an accident," said Susan P, a resident of the area.

The damaged part of the road is temporarily barricaded; pedestrians struggle due to unscientifically placed bollards on walkway

Locals also highlight that pedestrians navigating through the 1.5-kilometre walkway on the road still struggle to use the pavement due to a series of non-scientifically placed bollards. Put in place a few months ago, the closely placed metal roads sticking out of the pavements are not only preventing them from using the pedestrian pathway but are also safety hazards.

After a series of complaints raised by the commuters, while BBMP has razed down some of the bollards, they have left behind gaping holes on pavements, leading to inconvenience to pedestrians.

"They have removed some of the bollards from the pavements but have done a shoddy job. They have cut off the hollow metal rods from their bases and have not filed in concrete. Thus, there are multiple holes in pavements, which can be dangerous for pedestrians, and people might get injured.

Moreover, some of the pedestrian walkways are still blocked by these rods. It appears to be carelessly done. The metal poles are very close to each other in some places and are too narrow for pedestrians to squeeze through to reach the footpath. These are left untouched," said another regular commuter.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Plant barrier

Promenade Road

The footpath at the intersection of 4th Cross Assaye Road and Promenade Road has been entirely obstructed by oversized plants. This situation leaves pedestrians with no space to walk.

Garbage concerns

Babusapalya

In an ongoing issue, garbage continues to be dumped and set ablaze at No.62, Mariyamma Temple Rd, Babusapalya, raising significant concerns.

Cost dispute

KR Puram

The toilet at ITI gate, KR Puram, allegedly charges Rs 5 instead of Rs 2 for a urinal. An urgent BBMP investigation is required.

In a first, festival cleanup tender

CONTINUED FROM PAGE 1

"The basic foundation of the solid waste management policy since 'MSW Rules 2000' onwards is to fix responsibility on the generator of the waste. This is why we have segregation at source, extended producer responsibility and so on. So, now, what message is the BBMP sending by having a special drive for cleaning streets after festivals? That citizens can irresponsibly trash the streets during a festival? Why shouldn't they clean up their waste? It will only encourage more irresponsible behaviour. Instead of spending money to clean up, they should depute staff to penalise every house/building in front of which waste is discarded. That way, not only will citizens be given a lesson in responsibility, the BBMP instead of spending money, will earn an income," said Sandeep Anirudhan, civic activist.

Some experts are of the view that BBMP needs an extra hand during festival season. "The existing human resource under SWM is for household waste; BBMP needs an extra hand during festival season. During all festivals, huge amounts of waste are generated. During Ayudha Pooja, in Peenya, we have seen 600 tonnes of waste. Previously, such services were under work and supply order, now BBMP is calling tenders creating transparency" said SWM expert, Ram Prasad.

US delegation meets K'taka officials, explores investment opportunities

A delegation comprising over 30 industry experts from Montgomery in the US held discussions with the team of Karnataka ministers headed by Large and Medium Industries Minister MB Patil to explore investment opportunities. The meeting was held on Friday.

Higher Education Minister Dr MC Sudhakar, Health Minister Dinesh Gundu Rao, and Political Secretary to the Chief Minister Govindaraj were also present in the talks held with the Montgomery delegation led by Elrich Marc County Executive, Montgomery County (MD USA). A Karnataka business delegation had held talks with the US-India SME Council during its' recent America visit and invited them to visit the state to identify investment opportunities.

Speaking on the occasion here in Bengaluru, Minister MB Patil said that there has been a significant growth of 7.5 times in India-USA bilateral trade in the last two decades, and trade volume is projected to exceed USD 230 billion by 2025.

More than 2,000 leading US companies are operating in Karnataka, employing over 1.3 million individuals. In 2019 alone, the US made investments in India surpassing USD 45 billion, Patil noted.

Bengaluru, being the heart of Karnataka's innovation landscape, has emerged as a vast reservoir of artificial intelligence and machine learning professionals, the Minister pointed out. Further, Minister Dinesh Gundu Rao, getting into specifics, said that the state has been keen to collaborate with Montgomery in the health sector. **– ANI**

Razed wall: 17 months gone, court's order ignored

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It is a bounden duty of police to obey and implement court orders and disobedience amounts to contempt of court. All the police officers are aware of it. However, it is not clear why a Varthur Police Inspector has failed to follow the Additional Chief Metropolitan Magistrate Court order though 17 months have passed since the deadline fixed by the Judge.

Based on a petition by G Dayanand Reddy, a resident of Ambalipura, the High Court directed the Assistant Commissioner of Police to allow the petitioner to re-submit his complaint against demolition of a compound wall constructed by him. As per the High Court order, Bellandur police registered a first information report (FIR) on April 4, 2019 against the then Police Inspector Victor Samuel and his jeep driver, two pastors, the driver of an earth-mover and six unknown people for causing a loss of Rs 10 lakh by demolishing the compound wall constructed by the petitioner. According to the complaint, the demolition took place between 3.30 pm and 4 pm on August 24, 2016.

It is said Dayanand Reddy approached the HSR Police to register a complaint but the police did not oblige him. He then approached the court seeking a direction to the jurisdictional police to register his complaint against the accused. In 2016, Ambalipura was under the jurisdiction of HSR Layout Police Station as Bellandur Police Station began functioning from 2017.

Petitioner has gone to court over demolition of compound wall

Though the FIR was registered at Bellandur Police Station, the Assistant Commissioner of Police, to ensure the probe free and fair, assigned the Varthur Police Inspector to investigate the case. It is alleged that Varthur Police Inspector, without verifying the footage of CCTV on the alleged involvement of the then HSR Layout Police Inspector Victor Samuel, submitted a B report.

Bangalore Mirror has the CCTV footage and photographs of Victor Samuel visiting the spot while an earth moving machine was engaged to knock down the compound wall on the disputed property.

The complainant filed a protest petition in the Additional Chief Metropolitan Magistrate Court requesting that the B report be squashed.

While hearing the protest petition, judge SS Bharath, XLI ACCM, rejected the B report stating that it does not withstand the test of law. The court directed that the matter be investigated and a report be submitted on or before May 12, 2022. The court also directed the police to receive the pen drive and the CD from the Varthur Police and the investigating officer of this matter to submit to the court. However, no effort was made from Varthur Police Inspector to reinvestigate the case.

When contacted, the Varthur Police Inspector said that he has been busy with renovation of the police station and higher officials' visit to the police station all these days. "I got transferred to this police station a few months ago. I will begin the investigation of the case as per the court's direction," said the police inspector.

Jayanagar street vendors asked to pack up & leave

Around 400 street vendors out in the cold as BBMP's eviction drive begins today

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File photo of shoppers and vendors jostling for space in Jayanagar

Tension is mounting in Jayanagar as the Bruhat Bengaluru Mahanagara Palike (BBMP) plans to evict nearly 400 street vendors who have been running their business from the footpath for nearly 40 years now. BBMP officials say that street vendors don't have any right to regularly operate from a single area even with a licence.

While pedestrians and street vendors have always been at odds on rights to footpaths, there has been ambiguity on which group has more rights in this regard. The Welfare Department of the BBMP has clarified that while street vendors can operate from the footpath, they cannot block a pedestrian's right of passage.

A senior BBMP marshal confirmed that they have been asked to conduct an encroachment eviction drive in the Jayanagar market. The task will be carried out with BBMP marshals and traffic police.

While the vendors had received an official notice from BBMP three months ago, they were informed only recently by marshals that an eviction drive would be conducted on November 6. The news has left the street vendors shattered as they remain confused about where to relocate and earn their livelihood.

Subramani, a vendor, told BM, "The BBMP gave a notice three months ago about removing encroachments. There are 400-500 street vendors in this area. About 100-150 already have licences and the remaining have applied for it. BBMP marshals informed us about the eviction tomorrow but it was not discussed with us. Town vending committees don't exist either."

Another street vendor told BM that he has been operating from the same place for nearly 40 years now. "We have been operating from here for 40 years without causing any inconvenience to the public. We have been asking BBMP to issue a permission letter to operate from this space. As the name suggests, we are street vendors and hence we must operate from the streets. BBMP has to provide us with a proper permanent space for operating our business," said Swaminathan.

> **If vendors encroach on footpaths and block pedestrians' access, they have to move. Licence or loans are not authorisation to work from one place**
> –Reddy Shankara Babu, BBMP

No permanent right

However, BBMP officials say that it's a misconception that street vendors have a permanent right to their place of operation. "BBMP has been taking measures to help street vendors by providing loans. While the target has been to mobilise 1,10,000, we have mobilised 1,30,000 vendors. The number of people mobilised continues to go up. But we want to clarify that street vendors do not have a right to their place of operation. Our schemes are for hawkers who go from street to street and not for people who stay in one place. If street vendors encroach on footpaths and block pedestrians' access, they have to move. Licence or loans are not authorisation to work from a single place," said BBMP Special Commissioner (Welfare) Reddy Shankara Babu.

He added that BBMP is working towards the identification process of street vendors. "We have had instances of people subletting their carts. We want to introduce formal ID cards for street vendors for authentication. The licence issued to street vendors expired in April 2022. With multiple failed tenders for a survey, we have decided to take up the street vendor survey with our in-house team. We are planning to start the survey within a week. After the completion of the survey, we will elect the town vending committee," he added.

BBMP is also planning to introduce 25-27 town vending zones in the city. "To allocate a fixed place, BBMP will establish town vending zones for street vendors. These will be designated areas with proper facilities like platforms for selling, toilets, drinking water stations, shelter for rain, etc. The place will be given to street vendors for a nominal fee," he added.

8 metro stns to get more parking space

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Bangalore Metro Rail Corporation Ltd (BMRCL) is planning to increase the number of parking spaces near metro stations. It has floated a tender to create parking in eight metro stations.

BMRCL is planning parking spaces at Reach 1,2 and 3 and has proposed to give management of the parking lots on a licensed basis to contractors. Spaces are being proposed in Mysuru Road, Mantri Square, Seetharampalya, Nallurhalli, Satya Sai Baba, Kadugodi Tree Park, Benniganahalli, and Challaghatta metro stations. An estimated 8,956 sq m of space will be increased for parking that will allow parking of 2,219 vehicles.

Of the eight stations, only 2 will have parking for four-wheelers. In all, 2,069 two-wheelers and 150 four-wheelers can be parked in the extra space. Space will also be made for 10 bicycles per station to be increased on demand. The parking for cycling will be advertised outside the parking lot.

The parking space should be available to commuters between 5 am to 12:30 am for seven days a week. Overnight parking will not be permitted except at Mysuru Road and Mantri Square metro stations.

The term of the licensing of the space will be for three years. The contractor will have to issue computerised ticketing noting the entry and exit time. The space will be kept under e-surveillance and vehicles will be thoroughly checked. The parking lots will have a security guard. In case of theft of bicycles, the licensee will be held responsible.

BMRCL has allowed the contractor to charge a fixed rate from users. Cars will have to pay Rs 30 for every four hours and Rs 10 for every extra hour; two-wheelers Rs 15 for every four hours and Rs 5 for every additional hour, Rs 75 for LCV and Rs 25 for every extra hour. Cyclists have to pay Rs 1 per hour and a maximum of Rs 10 per day. As per the bidding criteria, the contractor must have 1 year of experience in managing parking at government organisations.

Factory lights out: Jeans makers struggle on

Frequent power failures disrupt jeans manufacturing, impacting supply chains

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Industrial production has taken a hit due to frequent power failures. Now, if you are not getting enough jeans pants in showrooms, then blame power cuts. The production of jeans pants in the state is now adversely affected by frequent power outages. As Karnataka grapples with a power crisis leading to unscheduled cuts, industries, particularly those involved in stitching jeans pants, are facing significant challenges. In the Ballari district alone, numerous factories are dedicated to stitching jeans pants, totalling at least 500 units. These units supply jeans pants to neighbouring states like Andhra Pradesh, Telangana, and other countries.

Nitin D, a manager in a jeans factory in Ballari, said, "More than 10,000 employees work in these factories producing jeans pants. An essential requirement for these factories is uninterrupted power supply. However, Karnataka is currently facing a severe power crisis due to depleting water levels in hydel units, resulting in an interrupted power supply. This has adversely impacted the jeans factories. Although we faced challenges during COVID-19 when many months went without work, this year has been promising with a surge in orders. Unfortunately, the power cuts are proving to be our villain."

Many factories have no choice but to resort to generators despite the high operational costs. If input costs rise, manufacturers are unable to increase product prices, leading to substantial losses. Factory owners stress that unscheduled power cuts, sometimes lasting 10 to 20 minutes every hour, affect production. P Mallikarjun, owner of a jeans factory in Ballari, said they were reporting wastage of chemicals and materials due to unscheduled power cuts. "I urge authorities to provide prior intimation and take measures for uninterrupted power supply to the industries", he said.

Karnataka power outages threaten the livelihood of more than 10,000 employees in jeans factories

> **Karnataka is currently facing a severe power crisis, resulting in an interrupted power supply. This has adversely impacted the jeans factories**
>
> – Nitin D, manager, jeans factory

Meanwhile, an official from GESCOM acknowledged the supply issues leading to unscheduled power cuts. The official stressed that priority will be given to providing power to industries.

Shimshapura first unit resumed power production

Amidst the ongoing power crisis, there's a glimmer of positive news on the production front. The Shimshapura hydroelectric station has recommenced power production after a hiatus. The unit was forced to shut down due to floods in 2022, causing damage to the equipment. Since then, extensive repairs have been undertaken. Notably, this hydroelectric station holds historical significance as it was a dream project of the erstwhile Mysore Maharaja Nalwadi Krishnaraja Wadiyar. The project's construction commenced in 1937, with power production starting in 1940. However, the heavy rainfall in the catchment areas led to floods in the Shimsha River, submerging and damaging the equipment. A specialised team from Uttar Pradesh and Telangana was summoned to perform the necessary repairs.

N Naveen Kumar, the project head, said, "We have successfully resumed power production following the loss of equipment in last year's floods. Each unit is capable of generating 8.6 megawatts of power per minute. Currently, the first unit is operational, and we are optimistic about resuming the operation of the second unit." Indeed, Shimshapura's scenic beauty has featured in many Kannada and Hindi films.

Sandalwood lauds anti-piracy initiative

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

Sandalwood producers and directors have welcomed the decision of the Union Ministry of Information and Broadcasting to curb the piracy menace. The Ministry of Information and Broadcasting has established an institutional mechanism of nodal officers to receive complaints against piracy and direct the intermediaries to take down pirated content on digital platforms.

It is estimated that the film industry in the country has been incurring a loss of Rs 20,000 crore every year due to piracy. A lot of effort that goes into making a film is laid waste by piracy. To act against this menace, the Government passed the Cinematograph (Amendment) Act, a move widely welcomed by the industry.

"I welcome the measures taken by the Union Ministry of Information and Broadcasting to curb the piracy. I want the authorities to have a mechanism to implement the Cinematograph (Amendment) Act. What is the use of this Act if there are no officials to implement it effectively? Stringent punishment will deter people indulging in piracy," said director-cum-producer S V Rajendra Singh Babu.

Presently, there is no institutional mechanism to address pirated movie versions, with recourse primarily involving legal action under the Copyright Act and IPC. With the proliferation of the internet and widespread interest in free movie viewing, piracy has surged. The new measures empower the Ministry of Information and Broadcasting to take swift action against piracy, offering relief to the industry.

Welcoming the ministry's measure for stopping piracy, Krishne Gowda, president of the Kannada Film Chamber of Commerce, has said that he submitted a letter to the then Information and Public Relations Minister C C Patil about the need for measures to end piracy.

The Cinematograph (Amendment) Act, now encompasses provisions against film and digital piracy. This amendment introduces stringent penalties, including a minimum three-month imprisonment and a fine of Rs 3 lakh, extendable to three years imprisonment and a fine of up to 5 per cent of the audited gross production cost. Under the new framework, original copyright holders or their designated representatives can petition the Nodal Officer to eliminate pirated content. Once the Nodal Officer issues directives, digital platforms are obliged to remove internet links hosting pirated material within 48 hours.

NOTES FROM THE FIELD

Don't ask me this

"You can ask me any question except anything related to the CM's tenure," said Labour Minister Santosh Lad when journalists sought his reaction to what transpired at the CM's breakfast meeting recently. Lad explained, "You have every right to answer the questions. However, we have been told that only this question is being asked everywhere and giving different answers by different people can lead to a lot of confusion, and hence, we have been told to keep mum on the issue."

Bus confiscated

A bus in Haveri was recently confiscated. In 2016, a fatal incident occurred when a bus struck an individual, resulting in his death. Following a police complaint and subsequent court proceedings, the local court mandated officials to pay a compensation of Rs 18.81 lakh to the deceased's family. Since the officials have failed to provide the compensation to date, the court issued an order for the seizure of the bus.

Math teacher

The Deputy Commissioner recently took on the role of a mathematics teacher. CT Shilpa Nag, Deputy Commissioner of Chamarajanagar district, visited government schools in tribal hamlets near Hanur. During her regular interactions with students, she felt compelled to impart some fundamental math tips. She expressed that her decision to teach these important tips stems from a desire to help students develop a love for mathematics, considering that many find it to be a challenging subject.

Faux pas

Minister for Kannada and Culture Shivaraj Tangadagi hoisted the Kannada flag on November 1 at Koppal. During his address as the district-in-charge minister, he unintentionally made a mistake by congratulating the Rajyotsava awardees from the district who were honoured in the previous year. This momentary slip of the tongue surprised both the audience and the awardees present on the occasion. Upon being alerted by officials about the error, Tangadagi promptly acknowledged his mistake. He clarified that it was a slip of the tongue and congratulated the rightful winners of this year's Rajyotsava Award.

'Not my landmark'

A prominent landmark in the city, 'Deve Gowda Petrol Bunk' near Padmanabhanagar, has become a topic of discussion as former CM HD Kumaraswamy clarifies that it no longer belongs to their family. During a recent political meeting, he explained, "While it's common for bus conductors to refer to the stop as Deve Gowda Petrol Bunk, it is no longer mine. I had to sell the land when I needed funds for campaigning during the Kanakapura elections. It was the only property in my name in Bengaluru, but it is no longer under our ownership."

'Power' debate

The issue of Karnataka's guarantee schemes has entered political discussions in neighbouring Telangana. Karnataka's Deputy Chief Minister DK Shivakumar, in a recent rally, offered free bus rides to BRS (Beneficiary of Revenue Schemes) leaders to tour Karnataka villages and personally assess the implementation of the five guarantee schemes. In response, Telangana's influential minister and CM KCR's son, KT Rama Rao, countered, stating, "There is a need to visit Karnataka villages to witness how they have plunged into darkness, as Karnataka barely provides a 5-hour power supply to farmers, whereas my state ensures a 24-hour power supply."

–Sridhar Vivan

I congratulate Virat Kohli. He has equalled Sachin Tendulkar's record, and we hope that he will cross it soon
—Former India cricketer Mohammed Azharuddin

BangaloreMirror | 7
Monday, November 6, 2023
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Birthday boy shines as India crush South Africa

Kohli's 101 not out was centrepiece of India's 326-5 before their powerful attack

Ravindra Jadeja celebrates with teammates the wicket of South African batter David Miller

Virat Kohli equalled Sachin Tendulkar's record of 49 one-day international hundreds as unbeaten World Cup hosts India thrashed fellow semi-finalists South Africa by 243 runs in a pool match on Sunday.

Kohli, on his 35th birthday, got to the landmark in 119 balls, including 10 fours, at Kolkata's Eden Gardens.

It had taken him 277 innings to score 49 hundreds at this level compared to the 438 required by fellow India 2011 World Cup-winner Tendulkar. Kohli's 101 not out was the centrepiece of India's 326-5 before their powerful attack cleaned up as Rohit Sharma's men made it eight wins out of eight at the tournament. Together with Shreyas Iyer (77) he shared a third-wicket partnership of 134 after India captain Rohit had won the toss.

India, fresh from dismissing Sri Lanka for just 55 -- the lowest total by any Test side at a World Cup -- during a 302-run rout of the 1996 champions, sparked another collapse as South Africa were dismissed for 83.

It was the Proteas' second-lowest ODI total, behind their 69 against Australia at Sydney in 1993 and lowest at a World Cup.

Left-arm spinner Ravindra Jadeja did the bulk of the damage with 5-33, with India now assured of finishing the pool phase in top spot, while South Africa lower-order batsman Marco Jansen's 14 was the innings' top score.

This was South Africa's second pool defeat following a stunning loss to non-Test side Netherlands and the gap between the top two teams on Sunday was almost as much of a shock as that reverse.

Kohli, now averaging more than 108 in the World Cup, said during the innings break: "Every opportunity to play for India is a big one, to be able to ton up on my birthday is the stuff of dreams. It is something you dream about as a child."

led the tributes to Kohli, the retired India great writing on X, formerly Twitter: "Well played Virat. It took me 365 days to go from 49 to 50 (years old) earlier this year. I hope you go from 49 to 50 and break my record in the next few days. Congratulations."

India, then had South Africa's Quinton de Kock, the tournament's leading run-scorer, out for just five when he played onto Mohammed Siraj before Jadeja bowled Proteas captain Temba Bavuma.

Mohammed Shami, coming off a superb five-wicket haul against Sri Lanka, struck with just his fifth ball when Aiden Markram was caught behind off a brilliant delivery that angled in and jagged away to take the outside edge.

Jadeja had dangerman Heinrich Klaasen lef before and 40-4 became 40-5 when paceman Shami overturned another original not out decision as Rassie van der Dussen was lbw for 13.

Earlier, left-arm quick Jansen, whose first over cost 17 runs, returned expensive figures of 1-94 in 9.4 overs. Rohit launched the innings in style with a typically brisk 40 before he was well caught by Bavuma at mid-off.

Kohli carried on from where left off in his 88 against Sri Lanka with successive fours off fast bowler Kagiso Rabada. But Keshav Maharaj, struck with just his third ball, the left-arm spinner bowling Shubman Gill (23) with a classic delivery that pitched just outside leg and turned to clip the off-stump

Kohli and Iyer, who made a blistering 82 against Sri Lanka, rebuilt in patient fashion before the accelerating Iyer holed out off Ngidi.

But with a capacity crowd willing him on as thousands in Eden Gardens held up lights against the night sky, the composed Kohli's single off Rabada saw him to a fine hundred. **-AFP**

'No choice but to play' in pollution

#NEW DELHI

Bangladesh coach Chandika Hathurusingha admitted Sunday his team has "no choice" but to play Sri Lanka in smog-choked New Delhi as their failed World Cup mission winds down.

The Indian capital -- which has a population of 30 million -- once again ranked as the world's most polluted city Sunday, according to monitoring firm IQAir.

Both Bangladesh and Sri Lanka have cancelled training sessions in the city in recent days.

"We were concerned. We are trying to minimise our exposure to the outdoors as much as possible. We need to practice but we

Bangladesh's Tanzid Hasan during a practice session

have to be careful over the long-term effect of this condition," said Hathurusingha.

"The air quality is affecting both teams. It's not ideal, but we have no choice. We have to play in the conditions in front of us."

World Cup organisers have already banned firework shows at New Delhi's Arun Jaitley Stadium and at the Wankheded in Mumbai in an attempt not to exacerbate the problem.

"Some of the players didn't turn up for practice as they are asthmatic so they stayed indoors," added Hathurusingha on Sunday. "Even for practice, we're very conscious. We train what we have to train, and go back into the dressing room. They don't spend time unless they're bowling or batting." **-AFP**

Virat Kohli after his century against South Africa at Eden Gardens

'Never going to be as good as Sachin, but special to equal my hero's record'

#KOLKATA

Despite building his own lofty peaks, Virat Kohli remains a fan of Sachin Tendulkar.

On the day when he equalled his idol's record of 49 ODI hundreds, Kohli unabashedly admitted that he will never be in the league of the iconic Mumbaikar, who enthralled the cricket world with his extraordinary skills for decades.

On his 35th birthday, Kohli stuck an unbeaten 101 off 121 balls that formed the fulcrum of India's 326 for 5 and the eventual 243-run win over South Africa in their World Cup match here on Sunday.

"It is all too much for me to take in now, to equal my hero's record is something special for me. He is perfection when it comes to batting. But I am never going to be as good as him," Kohli said during the post-match presentation.

He further dwelled on his adulation of Tendulkar.

"It's a very emotional moment for me, I know where I come from. I know the days where I have been watched him on TV, and just to get that appreciation from him means a lot to me," added Kohli.

Tendulkar had taken to X (formerly Twitter) to extend his appreciation for Kohli matching his feat.

"Well played Virat! It took me 365 days to go from 49 to 50. I hope you go from 49 to 50 and break my record in the next few days. Congratulations," said Tendulkar.

Kohli said he has been enjoying his cricket at the moment.

"I'm enjoying playing cricket, that is more important to me than phases. I'm just happy that God has blessed me with that enjoyment. I'm just happy that I'm being able to do what I have done over the years," he said.

The former Indian captain said playing against South Africa was a motivation in itself for the entire side. "It was a big game, probably playing the toughest team in the tournament. There was a motivation to do well. Because it happened on my birthday, it becomes special and the people made it more special for me," he added.

Kohli said the rollicking start openers Rohit Sharm and Shubman Gill gave helped the team a lot in setting a fine platform.

He said India's total on the day was above par.

"People from the outside look at the game in a bit of a different way. When the openers start well, you feel it is a belter but the conditions slowed down drastically. **-PTI**

2 beneficial changes made to NPS exit, withdrawal rules

The Pension Fund Regulatory and Development Authority (PFRDA) has made proposed changes to NPS withdrawal for subscribers in the month of October 2023. The changes include instant bank account verification mandatory to ensure timely credit of National Pension System (NPS) funds to the bank account of subscribers at the time of withdrawal or exit from the scheme and proposed subscribers can withdraw up to 60% of their pension corpus through the SLW on a monthly, quarterly, half-yearly, or annual basis for a period of up to 75 years of age, as chosen at the time of their usual retirement. PFRDA made this announcement via a circular on October 27, 2023.

Systematic Lumpsum Withdrawal facility

According to the proposed rule, subscribers can withdraw up to 60% of their pension corpus through the SLW on a monthly, quarterly, half-yearly, or annual basis for a period of up to 75 years of age, as chosen at the time of their usual retirement. PFRDA made this announcement via a circular on October 27, 2023.

The subscribers are allowed to withdraw up to 60% of their pension corpus, through the SLW on a periodical basis viz. monthly, quarterly, half-yearly or annually for a period till 75 years of age as per the choice at the time of their normal exit."

With SLW facility, on exit, on account of Superannuation, lumpsum corpus can be withdrawn in a phased manner. Subscriber has an option to withdraw desired amount systematically at regular periodic intervals.

Modifying the subscriber's bank account details

Instant bank account verification is now required by the Pension Fund Regulatory and Development Authority (PFRDA) in order to guarantee that subscribers' bank accounts receive National Pension System (NPS) payments in a timely manner when they withdraw from or exit from the scheme.

According to the PFRDA circular dated October 25, 2023, "The penny drop verification has to be necessarily successful with name matching, for processing the exit/withdrawal requests, and also for modifying the subscriber's bank account details."

The pension regulator stated that no request for exit/withdrawal or changing the subscriber's bank account information will be allowed if the CRA is unable to validate the penny drop. The above-stated provision shall be applicable across sectors i.e. NPS, APY, and NPS Lite for all types of exits/withdrawals as well as for modification in subscribers' bank account details, said the PFRDA.

By Sneha Kulkarni, ET Online

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I, Vidya W/o. Sharanabasappa Shivanagutti, Residing at Bandi Cross, Yelaburga Tq., Koppal Dist., have changed my name to VIDYA SHIVANAGUTTI vide affidavit dated: 04.11.2023 Sworn before notary: C Srinivasa, Blore

I, a.k.asif s/o Allabaksh res at no 202 kanakadasa layout, lingarajpuram, ban-84.. also known as asif.a.k stand for the same person that is me., where as in my all documents both names mention for same. respectively

I, Ramachandra Chaudaki S/O, Yamanoorappa Choudki R/o #78 Nanjundeshwara Nilaya 11th Main 18th Cross Mc Layout Vijaya Nagar, bangalore have changed my name to Ramachandra Choudki for all purposes.

I Rashida Rahiman W/O, Abdul Rahiman R/o No 3 Near Koyas Perfumery Works M S Palya Vidyaranyapura Bangalore have changed my name to Rashida Moideen Kapikuzhiyil.

I Somashekhar Hosahalli S/O, Bheemanagouda Hosahalli R/o 3/1, 4th Main, 7th Cross, Byraveshwara Nagara, Nagarabhavi Road, Bengaluru have changed my name to Somashekhar Bheemanagouda.

I Prithviraj Vaddinakatti S/O, Dr Yogiraj Vaddinakatti R/o Vims B8, Vims Staff Quarters, Cantonment, Bellary, Karnataka-583104, have changed my name to Prithviraj Y Vaddinakatti.

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HEALTH TIP: Whole grains like millet and buckwheat are high in soluble fibre, which helps lower cholesterol levels

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THE HIDDEN DANGER

How heavy metals enter our food supply

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TWEETS @BangaloreMIRROR

The latest study regarding the detection of high levels of heavy metals in the vegetables sold in the supermarkets across Bengaluru has generated a sense of apprehension among the urban population. This study was conducted by Environmental Management Policy & Research Institute (EMPRI), a reputed state agency responsible for monitoring the environment in Karnataka. The authors of the report concluded that irrigating crops with wastewater is one of the reasons for the accumulation of toxic metals in the vegetables. They mentioned that farmers engage in malpractice by using effluents, both industrial and domestic, for irrigating vegetables. As a result, the responsibility of supplying toxic heavy metal-free vegetables to city dwellers falls on the shoulders of the farmers, whose only source of income is selling vegetables, with the nearby water source being a critical input whose quality they cannot control.

Before delving further into the question of how heavy metals end up in vegetables, let us first try to understand the role of the state pollution control board in monitoring and managing the quality of water bodies in Karnataka.
The Karnataka State pollution control board (KSPCB) website clearly states that "prevention and control of water pollution and maintaining or restoring the wholesomeness of water" is one of its mandates. To achieve this, KSPCB provides consent to establish and consent to operate sewage treatment plants (STPs) for both domestic and industrial use. Additionally, KSPCB is responsible for regularly monitoring the effluents from the STPs and the surface water quality, ensuring that the wholesomeness of the water bodies is maintained.

The definition of "wholesomeness" of a water body depends on its intended use. For example, Lake Powai in Mumbai is used as a drinking water source, so the water quality targets are much more stringent than the Byramangala Lake, which is used for irrigation downstream of Bengaluru city. Keeping this in mind, the use value, depending on water quality, is categorised as A, B, C, D, and E, with E being the quality of water deemed fit for irrigation.

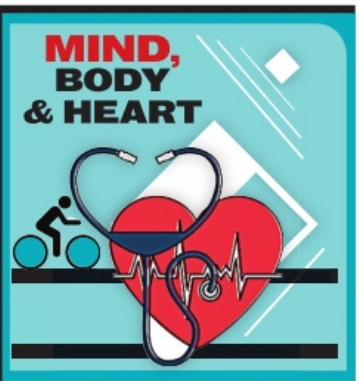
As we are concerned about irrigation of crops with wastewater, let's further break down what water quality targets are required to meet category E (irrigation) use value.
The Central Pollution Control Board (CPCB) website lists targets for conventional water quality parameters, such as pH, conductivity, boron content, and sodium adsorption ratio (SAR) that should be met if a water body is used for irrigation. Byramangala Tank, which has been used for irrigation for decades and has been categorized as "E" by KSPCB, supplies water to farmers downstream to grow various types of vegetables.

However, if we take a step back and look at the source of water in the tank, we know that Vrishabhavathy River, which receives industrial and domestic effluents from the Peenya industrial area and downstream, discharges wastewater into Byramangala Tank. Despite receiving all kinds of effluents, the water body is categorised as fit for irrigation. This classification is based on a few parameters mentioned above that do not include toxic metals specific to the industries operating in the catchment.

The question arises: despite KSPCB monitoring heavy metals in the effluents from industries, why do we see heavy metals in the Vrishabhavathi River? At ATREE, we conducted a one-year study to apportion the source of heavy metals in the Vrishabhavathi River. We set up three monitoring locations in the Peenya catchment and collected samples every hour for 24 hours, testing for heavy metals at these locations. Additionally, we measured the hourly flow at these sites. The study concluded that industries discharge untreated effluents during the wee hours (midnight) and early morning hours when domestic sewage flows are at their peak. The absence of monitoring during the night and the dilution of industrial effluents during peak flows limit KSPCB's ability to capture the industrial effluent discharges and the peak levels of heavy metals in the river. Because KSPCB collects samples during working hours and lacks the capacity to measure flows, there is no way to quantify the heavy metal load entering the river and, ultimately, Byramangala Tank. The absence of robust data showing the peak flows and daily heavy metals load in the river gives a false sense of the absence of heavy metals. However, the truth is quite the opposite.

Therefore, based on the evidence from the study at ATREE, several measures can help address the accumulation of heavy metals in food crops. First, the current methods of monitoring river water quality do not reveal the extent of contamination in water bodies and should be upgraded. Investment is needed to develop simple methods/tools to understand baseline conditions and changes in water quality upon the discharge of industrial effluents. Additionally, flows should be estimated, and data should be used to accurately assess the impact of STPs on the water quality of rivers and lakes. Second, the water quality criteria for irrigation in rapidly urbanizing catchments should be revisited. In addition to measuring conventional water quality parameters, toxic metals should be monitored based on the activities in the catchment. Third, the capacity of farmers should be built for deploying onsite interventions, such as retention ponds supplemented with biochar, to capture heavy metals in irrigation water. Implementing these measures will significantly reduce the risk to human health and ensure that pollution control boards can fulfil their mandates of protecting public and ecosystem health.

(The author is senior fellow, Centre for environment and development, ATREE)



All you need to know about...

Effects of exercise

Immune system is key
The beneficial effects of exercise may be driven, at least partly, by the immune system, new research has shown.

Inflammation effect
The Harvard Medical School (HMS) study, done in mice, suggested that muscle inflammation caused by exertion mobilises inflammation-countering T cells, or Tregs, which enhance the muscles' ability to use energy as fuel and improve overall exercise endurance.
The study, published in the journal Science Immunology, may offer a molecular explanation behind this century-old observation.

T cell
The immune system, and the T cell arm in particular, has a broad impact on tissue health that goes beyond protection against pathogens and controlling cancer.
"Our study demonstrates that the immune system exerts powerful effects inside the muscle during exercise," said study senior investigator Diane Mathis, Morton Grove-Rasmussen Professor of Immunology in the Blavatnik Institute at HMS.

Molecular changes during exercise
Mice are not people and the findings remain to be replicated in further studies, the researchers cautioned.
However, the study is an important step toward detailing the cellular and molecular changes that occur during exercise and confer health benefits.
The new findings come amid intensifying efforts to understand the molecular underpinnings of exercises.

Physical exertion
"We've known for long that physical exertion causes inflammation, but we don't fully understand the immune processes involved," said study author Kent Langston, a postdoctoral researcher in the Mathis lab. —IANS

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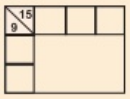
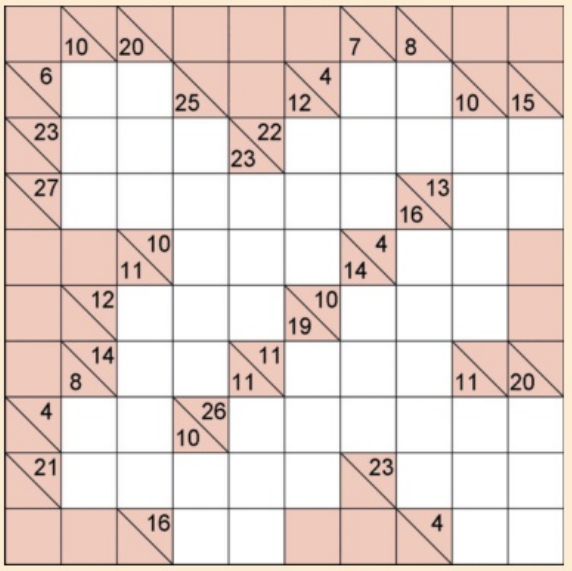
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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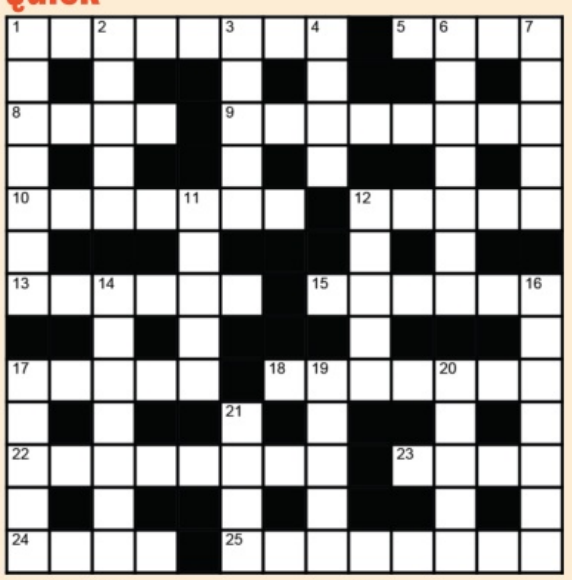


ACROSS

1 Reservoir for sewage (8)
5 Highest point (4)
8 Cattle (4)
9 All-rounder ____ Jadeja (8)
10 Humbug, nonsense; insincere talk (3-4)
12 Literary style (5)
13 Imperial colour (6)
15 Inequitable (6)
17 Fissures (5)
18 Rambles or saunters (7)
22 Area popular with shoppers (8)
23 Against (4)
24 Hire payment (4)
25 Hesitated; refused (8)

DOWN

1 An intimate view or presentation? (5,2)
2 Part of a play (5)
3 Shrek and his kin (5)
4 Tax; duty (4)
6 Musical flourish (7)
7 Enthuse or raise the spirits of (5)
11 City in Europe–"Earls" anagram? (5)
12 Person irretrievably lost (5)
14 Cad or rotter (7)
16 Revoke (7)
17 Happen again (5)
19 Tribal symbol (5)
20 Passenger vessel (5)
21 Hurried or raced (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS U

UT AIY JKPH SLIGVHBMH, VHX IXJHFZ VUMJX XJHUF OKL-BVHZ KX UX.

Linemaro

You are a tall glass of water

Mindchow

People are not looking for the meaning of life so much as the experience of being alive

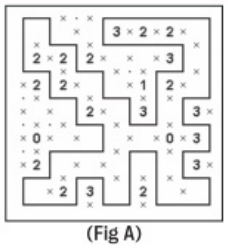
Joke of the day

Chess properly reflects the husband's status. The king can take only one step at a time ... while the queen can do whatever she likes

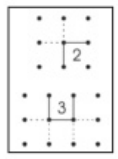
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



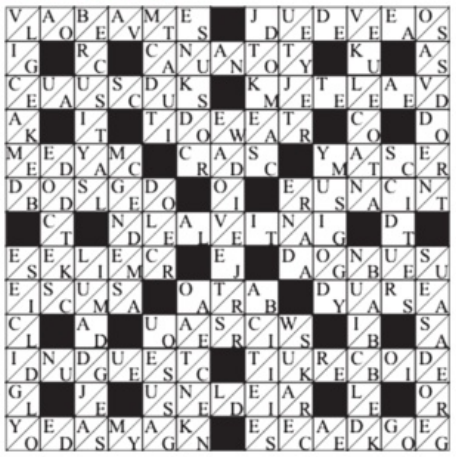
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

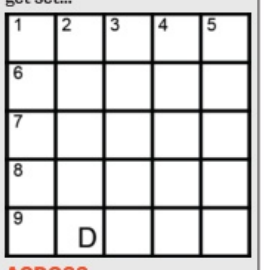
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

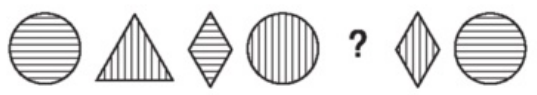
1 Aphis; 6 Bacon; 7 Croat; 8 Cores; 9 Pod at

DOWN

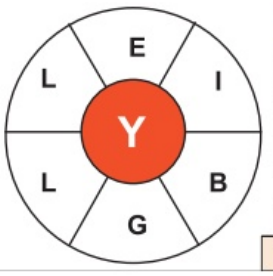
1 Caaba; 2 Caped; 3 It nor; 4 Coops; 5 Short

Mensapuzzle

Draw the missing figure in the above sequence.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

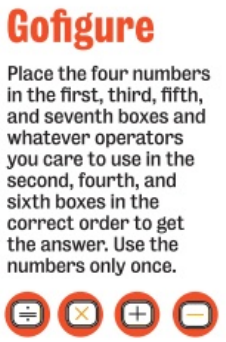
SudokuChallenge

	6					7	4	1
7		1	6					
			5			8		
3		2		9				6
		8		7		5		
9				8		1		7
		4			1			
					9	6		4
1	2	3					7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



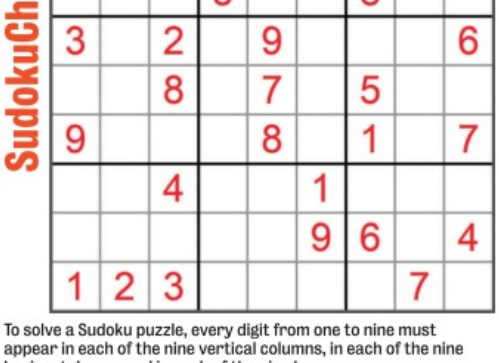
Easy = 15
3 4 5 9

Medium = 1
1 1 7 8

Hard = 3
2 3 4 2

Hocusfocus

Find at least six differences in details between panels.



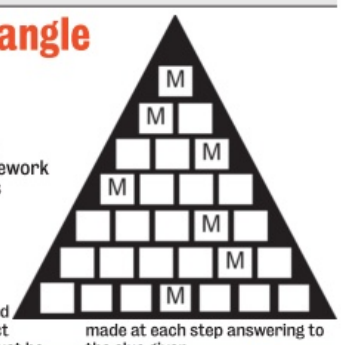
Differences: 1. Arm is moved. 2. Star is moved. 3. Sleeve is shorter. 4. Word "park" is moved. 5. Ball is different. 6. Bump on head is moved.

Riddler

A life sustainer But match restrainer The farmer's top aid I quell a parade What am I?

Alpha triangle

1 One thousand
2 Money Ord.
3 Jerry's cohort
4 Lion's share
5 Minute particles
6 Anatomical framework
7 General makeups



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

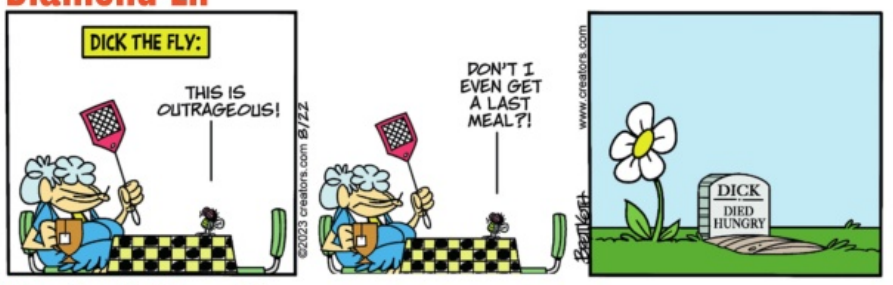
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

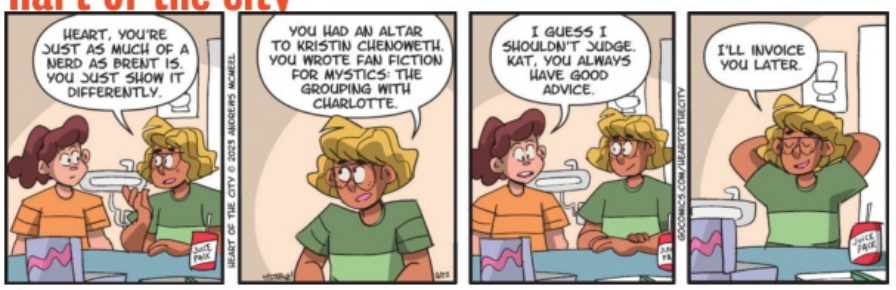
Redeye by Mel Casson

Bizarrotrip

Diamond Lil



Hart of the city



Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, there may be peace in your mind. You may plan to invest some capital in the business, which can increase liquidity in your business. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, enhancing harmony in your family life. Singles may likely find a suitable match. Love birds may decide to get married. Students will be blessed with good karma.

Taurus Apr 21 – May 20
Today, destiny is with you, and your health may be good. You may go to a religious place with family or friends. You may plan to donate some amount to a religious place or charity. Property-related deals may be completed. You may plan for overseas travel related to work.

Gemini May 21 – Jun 21
Today, you may be a victim of conspiracies. You should avoid getting involved in controversies. Your strong willpower and blessings from elders may protect you from this critical situation. It is advised to avoid arguments in your love life. Also, avoid rash driving or adventurous tours.

Cancer Jun 22 – July 23
Today, you will be happy, and you may experience peace of mind. Your focus on your goals will be excellent. You may have romantic moments with your spouse, strengthening your bond. You will also be busy with other domestic issues.

Leo Jul 24 – Aug 23
Today, you may be more enthusiastic. Your performance at work may be good, boosting your relationship with seniors. You may receive new responsibilities related to promotions. In legal matters, you may hear good news. Your opponents and hidden enemies may be under control.

Virgo Aug 24 – Sep 23
Today, you may easily complete difficult tasks, boosting your confidence level. Your past investments may yield good gains. It is advised to avoid arguments on worthless topics as they may waste your precious time.

Libra Sep 24 – Oct 22
Today is not good, and you may feel unhappy and dissatisfied with your current situation. You are advised to be patient and not make hasty decisions. Take care of your parents.

Scorpio Oct 23 – Nov 22
Today, you may be enthusiastic, with a strong focus on your goals. You may easily achieve your targets and go on short work-related trips that could benefit you in the near future. Your colleagues and friends may help you in completing important projects.

Sagittarius Nov 23 – Dec 22
Today, you may feel happy, and your health is good, providing you with inner strength and self-confidence. Your conscience will not allow you to manipulate tasks and maintain your reputation in your environment. Your social prestige is likely to increase.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon. You can expect rewards for your social services, appreciation from your seniors, and the possibility of promotions. Your losses may turn into profits, increasing liquidity in your business. You may plan to invest more capital in the family business, which will benefit it in the near future.

Aquarius Jan 21 – Feb 19
Today, you may be disappointed. You are advised to control your arrogance; otherwise, you may face losses due to your words when talking with anyone. Love birds should be careful in discussions; otherwise, their relationship may be affected.

Pisces Feb 20 – Mar 20
Today, you may be very happy, and your losses may turn into profits. Your seniors may be happy and appreciate your work. You may experience changes in your place, position, or responsibilities at work in terms of promotions. Your opponents and hidden enemies may now be under control. Singles and love birds may make important decisions regarding marriage with the help of relatives or friends.

KIDZONE

Chetana V Iyer, 8 Years, Carmel School

Tanya Maria Tiju, 6 Years, Sophia High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=[(-2)+3*[2+(-5)]+3]-[3+(-5)+2]-2*[3+(-4)]]
=[(-2)+3*[(-5)+2]+3]-[((-5)+3+2]-2*[(-4)+3]]
=[(-2)+3*[(-3)+3]]-[[(-2)+2]-2*[(-1)]]
=[(-2)+3*(-3)+3]-[[2+(-2)]-2*(-1)]
=[(-2)+(-9)+3]-[(2-2)-2*(-1)]
=[(-2)+(-3)]-[(0)-2*(-1)]
=[(-3)+(-2)]-[0-2*(-1)]
=[(-3)+(-2)]-[0-(-2)]
=[(-5)]-(0+2) = (-5)-2 = (-5)+(-2)
=(-5)-(2) = (-5)-2 = (-5)+(-2)
=(-2)+(-5) = (-7)

RIDDLER Rain

BULL'S EYE
belly, glibly, LEGIBLY, lily, yell

FAST FIVE

A	P	I	S	H
C	E	R	O	S
A	C	T	O	R
B	A	N	C	O
A	D	O	P	T

STRIKE OUT

Y	E	S	M	A	N	■	S	E	A	D	O	G	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
I	N	G	E	S	T	■	T	U	R	B	I	D	■	■
C	■	A	■	O	A	S	I	S	■	B	■	A	■	■
S	K	I	E	R	■	E	■	A	G	N	E	S	■	■
C	■	D	E	L	V	I	N	G	■	D	■	■	■	■
D	O	L	E	D	■	I	■	R	U	N	I	N	■	■
E	D	A	M	■	R	A	S	■	M	A	C	E	■	■
K	■	T	■	T	O	W	E	R	■	C	■	D	■	■
C	A	U	C	U	S	■	K	E	E	L	E	D	■	■
I	■	R	■	A	N	N	O	Y	■	U	■	A	■	■
L	■	E	■	S	E	D	E	R	■	E	■	O	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
R	E	N	T	■	D	E	M	U	R	R	E	D	■	■
C	H	I	C	K	P	E	T	■	A	N	T	I	■	■
E	■	F	■	S	■	I	■	■	■	■	■	C	■	■
R	I	F	T	S	■	S	T	R	O	L	L	S	■	■
■	■	U	■	E	■	■	E	■	■	■	■	E	■	■
P	U	R	P	L	E	■	U	N	F	A	I	R	■	■
U	■	R	■	O	■	■	■	■	■	■	■	U	■	■
S	N	■	E	■	Y	■	■	■	■	■	■	T	■	■
E	Y	E	W	A	S	H	■	G	E	N	E	R	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
L	C	■	G	■	E	■	A	■	L	■	A	C	M	E
O	X	E	N	■	R	A	V	I	N	D	R	A	■	■
C	U	C	U	S	■	K	E	E	L	E	D	■	■	■
T	■	T	O	W	E	R	■	C	■	D	■	■	■	■
E	D	A	M	■	R	A	S	■	M	A	C	E	■	■
D	O	L	E	D	■	I	■	R	U	N	I	N	■	■
S	K	I	E	R	■	E	■	A	G	N	E	S	■	■
I	S	M	S	■	O	R	B	■	Y	A	R	E	■	■
L	E	■	S	E	D	E	R	■	E	■	O	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
I	R	■	A	N	N	O	Y	■	U	■	A	■	■	■
T	■	T	O	W	E	R	■	C	■	D	■	■

Meeting Alia
Actor Alia Bhatt was in Delhi for an event where she crossed paths with badminton player Chirag Shetty. Chirag shared a picture from his meeting with Alia

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Walk with me

Power couple Ranveer, DP have floored fans just by their loving walk

Bollywood's power couple Ranveer Singh and Deepika Padukone, were recently spotted walking hand in hand, as they were making their exit from the Kalina airport in Santacruz in Mumbai. The video that went viral on social media features Deepika in a white suit, and matching dupatta, with her hair tied in a bun. She completed the look with black glasses.

Ranveer was seen donning an all black ensemble and sported a small moustache. He too completed the look with black sunglasses.

The video shows Ranveer lovingly holding Deepika's hand, while they walk towards their car. He can be seen opening the car door for his her.

We can then see the lovebirds engrossed in a happy chat, while they are sitting in the car.

Fans took to the comment section and wrote: "just looking like a wow." Another wrote: "Nice jodi." Most recently, Deepika was seen on Karan Johar's talk-show 'Koffee With Karan Season 8' with Ranveer where she had opened up about her initial thoughts on relationships which aroused some controversy.

Last seen in superstar Shah Rukh Khan's film 'Jawan' in a special role, and before that in 'Pathaan' in a lead role, Deepika is set to make her Telugu debut with 'Kalki: 2898 AD', starring Prabhas, Amitabh Bachchan, Kamal Haasan, Dulquer Salmaan and Disha Patani.

Ranveer next has 'Singham Again' in the pipeline. **–IANS**

Birthday with fam

Khushi Kapoor, who is all set to make her acting debut in Zoya Akhtar's film 'The Archies', turned a year older on Sunday. She received a special wish from her sister Anshula Kapoor, who gave a glimpse of a fun-filled birthday bash.

On Sunday, Anshula shared a video of a birthday girl celebrating her day with family and friends on her Instagram story.

In the video, dressed in a beautiful white dress Khushi is seen cutting her birthday cake.

Her father Boney Kapoor can be seen present at the celebration.

Anshula also shared a birthday for her sister with an adorable picture of both, which read, "My only wish for you this year is that may you always be as joyful, & carefree; and everything that you hold close to your heart always be yours! This is your year to shine

and I cannot wait for the world to see all your magic, and then fall in love with you just like us!"

Apart from Anshula, other family members and Khushi's friends took to their respective social media handles to extend birthday wishes. Sharing the stylish picture of himself and Khushi, Arjun Kapoor also wished her a happy birthday and prayed for her to attain success. **–ANI**

Her 'exceptional' man

Actor Anushka Sharma on Sunday penned down an adorable birthday wish for her husband and cricketer Virat Kohli.

Taking to Instagram, Anushka shared a string of pictures which she captioned, "He is literally EXCEPTIONAL in every role in his life! But somehow continues to add more feathers to his glorious hat I love YOUUU through this life and beyond and endlessly so, in every shape, form, through it all, whatever it may be so @virat.kohli"

In one of the pictures, Virat could be seen doing funny actions on the field.

Anushka also dropped a cute selfie with Virat.

In the selfie, the 'Pari' actor is seen making a pouty face while Virat is seen flaunting his smile.

Soon after Anushka shared the

post, fans swamped the comment section and dropped red hearts and fire emoticons. Virat dropped a red heart and a dancing emoticon. A user wrote, "The man, the myth, the legend." A fan wrote, "So elegant so beautiful just looking like a woow."

The two married in an intimate ceremony in Italy after dating for a few years. They were blessed with a daughter, Vamika in January 2021.

Lana Del Rey 'nearly' in Priscilla soundtrack

Hollywood director Sofia Coppola has revealed that singer Lana Del Rey was nearly featured on the soundtrack of the biopic 'Priscilla'.

In an interview with E! News, the filmmaker said, "We were hoping she could do a song for it, but it didn't work out with the timing."

Coppola, whose movie 'Priscilla' is currently playing in theatres, went on to add that she first learned about fans' correlation between Del Rey and the King of Rock and Roll while filming 'Priscilla'. She said, "I'm learning that people really connect Lana Del Rey and Priscilla and I didn't realise that, but I got a lot of requests with, 'How is she gonna be a part of the movie?'"

Del Rey has been known to be a longtime fan of Elvis and Priscilla Presley, and even embodied Priscilla throughout her music career, often sporting big hair and over-exaggerated eyeliner, which was popular in the '60s.

The 'Young and Beautiful' singer has also referenced the music legend in some of her lyrics, including the line "Elvis is my daddy" in her song 'Body Electric'. Her 2008 demo called 'Elvis' was also featured in Eugene Jarecki's Elvis documentary, 'The King', which was released in 2017.

"Coppola added that she invited the Grammy-nominated singer to the premiere of Priscilla and though she couldn't attend, the director is "excited for her to see it." **–IANS**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Couple of characters

Producer-cum-actor Sevenraj aka Red & White Sevenraj is all set to release his latest movie Athi I Love You. The movie's trailer was launched recently at SRV Theater.

"This is my second movie as a producer. I agreed to bankroll it because of its script narrated by director Lokendra Surya. The movie is about a husband and wife. I am planning a unique scheme - I want to offer a free ticket to a husband if his wife buys the ticket and if the husband buys the ticket, his wife will get a free ticket," said Sevenraj.

Lokendra Surya, who also plays the lead, said the movie has only two characters – Athi and Vasanth. "This story happens in a single day. The story has a good message for the society," said Lokendra. Lokendra has worked as editor and cinematographer for this movie. "Sathwika plays the female lead," he said.

Dance, action

Well-known choreographer Raj Kalai Kumar is set to become an independent director with the movie Cheetah. Prajwal Devaraj will play the lead in this action-oriented flick. Prajwal launched the shooting of the film by hoisting the Kannada flag at HMT School playground on Kannada Rajyotsava.

"I began my career as a dancer in Sandalwood more than 20 years ago and have worked as a choreographer for many movies. Cheetah is my maiden movie as a director. It is Prajwal's 39th movie as hero. The movie is about the activities at a local market. The hero, who works at the market, is fast like a cheetah. Art director Shivu has put up a set for this movie, where a major portion of the film will be shot," said Kalai Kumar.

Prathibha Naresh is bankrolling the movie. Shruthi Hariharan, Gururaj Jaggesh, Shivaraj KR Pete are part of the cast. "I was the hero for the first song choreographed by Raj Kalai Kumar. Now I play the lead for the first movie being directed by him," said Prajwal.